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## **Five Item Physical Fitness Requirement For Officer Applicants**

Practical exercise performance requirements are physical activities related to law enforcement tasks. The following practical exercise performance requirements have been identified and must be satisfactorily performed for successful completion of the physical fitness portion of the training program.

- 1. Vertical Jump**
- 2. One Minute Sit-Up**
- 3. 300 meter Run**
- 4. Maximum Push-Ups**
- 5. 1.5 Mile Run**

**The procedure and order for testing is as follows:**

1. Warm up for 3 minutes, perform the Vertical Jump test and rest for 2 minutes.
2. Perform the One Minute Sit-Up test and rest for 5 to 10 minutes.
3. Perform the 300 Meter Run, then rest for 5 to 10 minutes.
4. Perform the Maximum Push-Up test, then rest for 5 to 15 minutes.
5. Do cardio warm-up for 2 to 3 minutes, then perform the 1.5 Mile Run and cardio cool-down for 5 minutes.

**1. Vertical Jump**

This is a measurement of explosive leg strength using anaerobic power. This area tested reflects the candidate's lower body strength and power for use in lifting, jumping an obstacle, sprinting, or other use of force situations that may be used daily in their performance of their duties.

**Procedure:** A measuring tape against a smooth wall or a commercially manufactured vertical jump measuring device will be used for the test. Chalk dust will be placed on the finger tips of the candidate to mark the maximum height on the wall or device. The score reflects the vertical jump height measured by a maximum vertical jump from a standing erect position including a countermovement prior to the jump. The vertical jump height is measured by subtracting the standing vertical reach height from the maximal jump height. The test is scored as the number of inches, measured to the nearest half-inch. (3 attempts. best of 3 recorded)

**2. One Minute Sit-up Test**

This is a measurement of core strength and muscular endurance of the abdominal muscles. This area is important for performing police tasks that may involve use of force or lifting. Strong core strength is important also for minimizing lower back problems.

**Procedure:** The candidate will start by lying on their back, knees bent, and feet held flat to the floor by a partner or the instructor. The arms are to be crossed in front of the chest with the hands on the opposing shoulders. A full sit-up is counted when the candidate curls up until the elbows come in contact with the knees, and then back down until the shoulder blades touch the floor. The score reflects the number of total correct sit-ups performed in one minute. (1 attempt)

**3. 300 Meter Run**

This test is a measurement of anaerobic power and sprinting ability. This area tested measures the candidate's ability to sprint to top speed from stationary position. This is an essential police task that may be used at anytime during an officer's tour.

**Procedure:** Test is performed from a standing or ready position and sprinting to a maximum speed until the 300 meter mark is reached. The test is measured in seconds. (1 attempt)

**4. Maximum Push-up Test**

This is a measurement of upper body muscular endurance. The area tested reflects the candidate's ability to carry out sustained tasks using upper body strength for an extended period of time. This may be used in daily police tasks involving handcuffing, extended use of force incidents, or rescue efforts. This is a standard push-up, no alternative form allowed.

**Procedure:** Candidate begins by lying face down on the floor with hands placed palm down and shoulder width apart. The candidate will then start the event in the "up" position with arms almost completely extended. The instructor will place their fist on the floor below the candidate's chest. The candidate must keep their back straight at all times. From the "up" position, the candidate must lower themselves toward the floor until their chest touches the instructor's fist and then push to the "up" position again and start over with the next repetition. The score reflects the number of correct push-ups performed. (1 attempt)

**5. 1.5 Mile Run**

This test is a measurement of aerobic capacity (cardio respiratory). This is a timed run to measure the heart and vascular systems' capability to transport oxygen. This is an essential area for performing police related tasks involving endurance and stamina and to minimize the risk of cardiovascular problems in the future.

**Procedure:** This is a timed endurance run and is measured in minutes and seconds and is recorded and compared to the reference standards. (1 attempt)

## **Rochester Police Department Physical Fitness Standards**

<b>Vertical Jump</b>	16.0 (inches)
<b>One Minute Sit-up</b>	29 sit-ups
<b>300 Meter Run</b>	71.0 (seconds)
<b>Maximum Push-up</b>	25 push-ups
<b>1.5 Mile Run</b>	15:20 (min/sec)

**\*\*The above figures reflect the minimum “cut off points” that have been determined in law enforcement validation studies as the fitness standard that must be attained by all candidates regardless of age, gender, or handicapping conditions to be considered “fit for duty”. The above standards need to be met in each test in order to pass. Each test is Pass/Fail and each test must be passed in order to go on to the next in the prescribed order.**